

Low-Glycemic Dark Chocolate Avocado Pudding Tarts

Creamy chocolate pudding tarts made with avocado and almond flour crust. A blood sugar-friendly dessert that satisfies chocolate cravings without the spike.

Prep: 15 min

Cook: 10 min

Total: 55 min

Servings: 6

GL 1.0 / GI 15

Ingredients

2 ripe avocados, pitted and peeled

1/3 cup unsweetened cocoa powder

1/4 cup monk fruit sweetener

1/4 cup unsweetened almond milk

1 teaspoon pure vanilla extract

1 1/2 cups almond flour

3 tablespoons coconut oil, melted

2 tablespoons monk fruit sweetener, for crust

1/4 teaspoon sea salt

6 tablespoons unsweetened coconut cream, whipped

2 tablespoons cacao nibs, for garnish

Instructions

Step 1

Preheat your oven to 350°F (175°C). Prepare six 3-inch tart pans by lightly greasing them with coconut oil or lining them with parchment circles.

Step 2

Create the almond flour crust by combining almond flour, melted coconut oil, 2 tablespoons monk fruit sweetener, and sea salt in a mixing bowl. Stir until the mixture resembles wet sand and holds together when pressed.

Step 3

Divide the crust mixture evenly among the six tart pans, using about 3 tablespoons per pan. Press the mixture firmly into the bottom and up the sides of each pan to form a compact crust. Bake for 10 minutes until lightly golden, then remove and cool completely.

Step 4

While crusts cool, prepare the chocolate avocado pudding filling. Add the avocado flesh, unsweetened cocoa powder, 1/4 cup monk fruit sweetener, almond milk, and vanilla extract to a food processor or high-speed blender. Process for 60-90 seconds, scraping down sides as needed, until completely smooth and creamy with no lumps remaining.

Step 5

Taste the pudding and adjust sweetness if desired, keeping in mind that chilling will slightly mellow the chocolate flavor. The texture should be thick and mousse-like, similar to traditional chocolate pudding.

Step 6

Spoon or pipe approximately 1/3 cup of the chocolate avocado pudding into each cooled tart shell, smoothing the top with the back of a spoon or offset spatula. The filling should come just to the top of the crust.

Step 7

Refrigerate the filled tarts for at least 30 minutes to allow the pudding to set and flavors to meld. For best results, chill for 2 hours.

Step 8

Just before serving, top each tart with 1 tablespoon of whipped unsweetened coconut cream and garnish with a sprinkle of cacao nibs for added crunch and antioxidants. Serve chilled and store any leftovers covered in the refrigerator for up to 3 days.